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Polyacetylenes

2.7.7 Nitrogen-containing compounds
2.8 Mediterranean plants as medicines; References; 3 Influences of the Supply Chain on the Composition of Mediterranean Plant Foods; 3.1 Significance of the supply chain; 3.2 Growth conditions; 3.2.1 A brief overview of plant metabolism; 3.2.2 Soil; 3.2.3 Sun; 3.2.4 Water; 3.2.5 Other environmental factors; 3.3 Plant cultivar; 3.4 Food retailers and food processing; 3.4.1 Anatomical distribution of nutrients; 3.4.2 Freshness; References; 4 Influences of Food Preparation and Bioavailability on Nutritional Value; 4.1 Introduction; 4.2 Food preparation
4.2.1 Chopping
4.2.2 Cooking; 4.3 Nutrient bioavailability; 4.3.1 Pharmacokinetics of phytochemicals; 4.3.2 Liberation; 4.3.3 Absorption; 4.3.4 Distribution; 4.3.5 Metabolism; 4.3.6 Excretion; 4.3.7 Inter-individual variations in phytochemical pharmacokinetics; References; 5 Guide to the Composition of Mediterranean Plant Foods; 5.1 Types of plant foods consumed as part of a MedDiet; 5.1.1 Consumption; 5.1.2 Diversity of consumption; 5.2 Vegetables; 5.2.1 Green leafy vegetables; 5.2.2 Other green vegetables; 5.2.3 Root vegetables; 5.2.4 Alliums; 5.2.5 Solanaceous vegetables; 5.2.6 Legumes
5.3 Wheat products
5.4 Fruits; 5.4.1 Citrus fruits; 5.4.2 Apples and related fruits; 5.4.3 Stone fruits; 5.4.4 Grapes; 5.4.5 Other berries; 5.4.6 Pomegranates; 5.4.7 Figs; 5.4.8 Dates; 5.4.9 Olives; 5.5 Herbs and spices; 5.6 Nuts and seeds; 5.6.1 Nuts; 5.6.2 Seeds; References; 6 Olive Oil and Other Fats; 6.1 Overview; 6.2 Olive oil; 6.2.1 Consumption and production; 6.2.2 Origin and varieties of olive trees; 6.2.3 Olive oil production; 6.2.4 Traceability and European regulations; 6.2.5 Biochemical composition; 6.3 Other fat sources; 6.3.1 Nuts and seeds; 6.3.2 Herbs and spices
6.3.3 Meat and dairy

Sommario/riassunto

Recent large-scale epidemiological studies have confirmed the pre-eminence of the Mediterranean diet for reducing the risk of primary and secondary heart disease and cancer. There is also increasingly convincing evidence for its protective value against diabetes, dementias and other age-related disorders, and for increasing overall longevity. The Mediterranean Diet: Health and Science is a timely, authoritative and accessible account of the Mediterranean diet for nutritionists and dieticians. It discusses the Mediterranean diet in the light of recent developments in nutritional biochemis
